

## Affecting Change in Communities to Increase Physical Activity

### Satellite Conference

**Tuesday, May 18, 2004, 2:00-4:00 p.m. (Central Time)**

**3:00-5:00 p.m. (Eastern Time) • 1:00-3:00 p.m. (Mountain Time) • 12:00-2:00 p.m. (Pacific Time)**

**D**iabetes is a serious chronic disease that affects people of all ages throughout the United States. Current estimates indicate that approximately 18 million people in the US have diabetes, with as many as one-third of those people unaware that they even have this condition. This disease directly contributes to the incidence of heart disease and strokes, and is the primary cause of kidney failure, non-trauma related limb amputations and adult-onset of blindness.

The focus of the conference is the prevention of type 2 diabetes and its complications, including cardiovascular risk and treatment. In the state of Alabama, more than half of Alabama adults fail to meet the physical activity daily guidelines set by the Centers for Disease Control and Prevention. Even fewer Alabama youth engage in regular physical activity at home or at school. Alabama residents, both youth and adults, are at risk for developing diabetes and its complications.

While this program will provide some Alabama specific data on diabetes and cardiovascular risk, all of the faculty members will present information regarding community partnerships to promote lifestyle changes related to diabetes prevention and management.

#### **Conference Details:**

Target Audience: Physicians, Nurses, Pharmacists, Social Workers, Nutritionists, Community Planners, Community Leaders, County Commissioners, Mayors and City Council members.

Registration: [www.adph.org/alphnt](http://www.adph.org/alphnt)

Cost: No cost to view

Satellite Coordinates: C & Ku Band

Conference Materials: Posted on website approximately one week before the program

CEUs: (pending) Nurses, Pharmacists, Physicians, Social Workers, Nutritionists

Questions: [alphnt@adph.state.al.us](mailto:alphnt@adph.state.al.us) or 334-206-5618

#### **Objectives:**

Discuss counties with high diabetes and cardiovascular disease rates in the state of Alabama.

Highlight programs in Alabama that impact lifestyles and make a difference in decreasing the development of chronic diseases.

Provide an update in treatment options for those who are diagnosed with diabetes and heart disease.

Explore funding opportunities provided by the National Park Service that may be used at the local level.

#### **Faculty:**

##### **Dr. Jack Hataway**

Director, Chronic Disease Division  
Alabama Department of Public Health

##### **Dr. William Sims**

Chair, Morgan County Greenway and Trails Committee

##### **Dr. Thomas Ellison**

Medical Services Director  
Project H.E.L.P. USA

##### **Mr. Donald Stone**

Community Health Advisor  
Wilcox County, Alabama

##### **Ms. Stacey Palmer**

Alabama State Project Director  
Outdoor Recreation/Community Planner  
National Park Service

#### **ISSUES OR QUESTIONS YOU WANT ADDRESSED DURING THIS CONFERENCE?**

Email ([alphnt@adph.state.al.us](mailto:alphnt@adph.state.al.us)) or fax (334-206-5640) the conference faculty. They will respond during the program.

#### **Future Programs:**

For a complete schedule of programs, visit [www.adph.org/alphnt](http://www.adph.org/alphnt)